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| <p>1 Grilled Cheese Sautéed Spinach W/Garlic Fruit</p> | <p>2 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Apple Slices</p> | <p>3 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Baby Carrots Strawberry Cup</p> | <p>4 White Meat Chicken Patty On A Bun Cauliflower Mashed Potatoes Apple Slices</p> | <p>5 Pizzeria Style Pizza Chick Peas Salad Baby Carrots Strawberry Cup</p> | <p>Average Weekly Nutrients Calories 644 Cholesterol 64 mg Total Fat 17.6 g/24.6 % Protein 33.0 g/20.5 % Carbohydrates 91.1 g/56.6% Sat. Fat 5.8 g/8.1%</p> | <p>Daily Sandwich Choices in All Schools Choice of bread: Whole Gr Kaiser Roll ,whole grain bread Sliced turkey, tuna sal American cheese, peanut but and jelly. Tortilla Vegetable W: offered daily. Fresh cut car sticks served daily in all schools Two 4 oz. Yogurt may selected as a lunch alterna Second entrée available : \$2.35. MS/HS-may purch: bagel w/cream cheese/but w/protein, milk, vegetable a fruit for \$3.00. Freshly made Chef Salad availa daily upon request at Jacks Cantiague, and Seaman. With Lunch a student may sel Fat-Free Chocolate, 1% Wh Skim Milk. Poland Spring Wa available Ala carte for \$1.25 Now available WOWBUTTER JELLY. ***NOW AVAILABLE** Lunch Prices Elementary \$3.00 MS/HS \$3.00 Milk \$.50 SUGGESTIONS WELCOM Tracy Gilet Director of Foo Service 203-3600 ext. 3258 This institution is an equal opportunity provider and employer. Scholar Connect: Online Payments and account information available at www.Scholarconnect.com.</p> |
| <p>8 Turkey Hot Dog Whole Grain Bun Baked Tater Tots Fruit</p> | <p>9 Whole Grain Chicken Nuggets Macaroni & Cheese Steamed Broccoli Applesauce</p> | <p>10 Rotini Pasta W/ Turkey Meatballs Homemade Marinara Sauce Fresh Carrot Sticks Fruit</p> | <p>11 Brunch For Lunch Pancakes W/Syrup Egg Patty Celery Cup Fruit</p> | <p>12 Pizzeria Style Pizza Sautéed Spinach W/Garlic Chick Pea Salad Fruit</p> | <p>Average Weekly Nutrients Calories 663 Cholesterol 85 mg Total Fat 18.5 g/25.1 % Protein 32.7 g/19.7 % Carbohydrates 94.2 g/56.9% Sat. Fat 5.4 g/7.4%</p> | |
| <p>15 Brunch For Lunch French Toast Sticks W/Syrup Egg Patty Carrot Coins Fruit</p> | <p>16 Chicken Fingers W/Dipping Sauce Brown Rice Corn Fruit</p> | <p>17 Penne Pasta Homemade Marinara Sauce Whole Grain Italian Bread Cheese Cup Sautéed Broccoli Fruit</p> | <p>18 Nacho Grande Taco Meat, Tortilla Chips Shredded Lettuce, Salsa, Red Beans Fruit</p> | <p>19 Pizzeria Style Pizza Green Beans Fruit</p> | <p>Average Weekly Nutrients Calories 660 Cholesterol 78 mg Total Fat 14.7 g/20.1 % Protein 33.4 g/20.3 % Carbohydrates 100.4 g/60.9% Sat. Fat 5.1 g/7.0%</p> | |
| <p>22 Chicken Teriyaki Wonder Bites Dippers Brown Rice Roasted Broccoli Fruit</p> | <p>23 Meatball Hero Golden Corn Diced Peaches</p> | <p>24 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Carrot & Celery Cup Fruit</p> | <p>25 Ellio's Style Pizza Salad Cup Fat Free Dressing Fruit</p> | <p>26 SCHOOL CLOSED</p> | <p>Average Weekly Nutrients Calories 663 Cholesterol 39 mg Total Fat 14.3 g/20.4 % Protein 34.7 g/21.9 % Carbohydrates 93.3 g/59.0% Sat. Fat 5.2 g/7.5%</p> | |
| <p>29 SCHOOL CLOSED </p> | <p>30 Whole Grain Chicken Nuggets Macaroni & Cheese Green Beans Fruit</p> | <p>31 Spaghetti W/Meatballs Homemade Marinara Sauce Italian Bread Veggie Cup/Dip Fruit</p> | | | <p>Average Weekly Nutrients Calories 676 Cholesterol 64 mg Total Fat 20.0 g/26.6 % Protein 40.1 g/23.7 % Carbohydrates 86.2 g/51.0% Sat. Fat 6.6 g/8.8%</p> | |